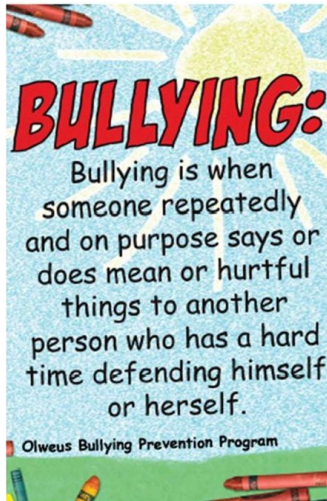


About Bullying

WHAT IS BULLYING? : THREE PRIMARY CRITERIA



1

repeated pattern of behavior

2

intent to cause harm

3

imbalance of power (real or perceived)

Bullying can encompass a number of actions including verbal (name-calling, teasing), relational (spreading rumors, breaking up friendships, etc.), and physical harassment, as well as cyberbullying, extortion, and stealing. Behaviors like rough and tumble play, real fighting, and arguments are generally NOT considered bullying because they do not meet all of the three criteria mentioned above.

IS IT REALLY A PROBLEM? : STATISTICS AND IMPACT



~ 50% of students reported being bullied
~ 35% of students reported bullying others
**assessment of 62 schools participating in the Olweus Bullying Prevention Program 2006-2010*



17% of students reported being bullied
2-3 times/month or more
10% of students reported bullying others
2-3 times/month or more
~40-45% of those bullied had been bullied
for one year or longer

**2010 analysis of national Olweus Program data*

Bullying is NOT just a normal part of life. Bullying can seriously affect the emotional, physical, and academic well being of students. At the school and community level, it can contribute to a negative and unsafe atmosphere. In the U.S., about 160,000 students stay home from school each day for fear of being bullied (Vail, 1999).

Among other things, bullying has been associated with higher risk of depression and anxiety and decreased academic achievement and school participation (for those bullied); higher likelihood of abusing alcohol and other drugs, dropping out of school, having criminal convictions, and being abusive toward others (for those bullying); and higher risk of mental health problems and missing school (for bystanders that witness bullying).

WARNING SIGNS

There are many warning signs that could indicate someone is involved in bullying. Here are a few (note: this is not a comprehensive list, and these warning signs may indicate other problems besides bullying).

Warning Signs: Being Bullied	Warning Signs: Bullying Others
<ul style="list-style-type: none"> • damaged or missing clothing • lost items • unexplained injuries • frequently sick, including headaches and stomachaches • trouble sleeping or frequent bad dreams • afraid of going to school or other activities with peers • appears sad/moody/angry/anxious/depressed 	<ul style="list-style-type: none"> • violent with others • gets into physical or verbal fights • extra money or new belongings that can not be explained • quick to blame others • will not accept responsibility for their actions • has friends who bully others • needs to win or be best at everything

RISK FACTORS

Individual, family, peer, school, and community factors can place someone at risk for being bullied or for bullying others. However, even if a child has one or more of the risk factors, it does not mean that they will bully or will become bullied.

Risk Factors: Being Bullied	Risk Factors: Bullying Others
<ul style="list-style-type: none"> • do not get along well with others • are less popular than others • have few to no friends • do not conform to gender norms • have low self esteem • are depressed or anxious 	<ul style="list-style-type: none"> • being aggressive • having less parent involvement • thinking badly of others • impulsive, hot-headed, easily frustrated • have difficulty following rules • view violence in a positive light

Some at risk for bullying others are well-connected to their peers, have social power, and are overly concerned about their popularity and/or like to dominate or be in charge of others. Others at risk for bullying are more isolated from their peers and are depressed or anxious, have low self esteem, are less involved in schools, are easily pressured by peers, and/or do not identify with the emotions or feelings of others.

**For more information on warning signs and risk factors, visit StopBullying.gov*



www.vdh.virginia.gov